

TOP CHRONICLES

El Camino College - April 2020



The Opportunity Project (TOP)



TOP's Mission is to welcome, support, challenge, and encourage all students towards excellence while recognizing and addressing the institutional and systemic barriers that they may face.

OTHER NEWS AND EVENTS INSIDE:

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 - [Meet the TOP team](#)
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 - [Food Planning & Safety](#)
 - [How to Thrive Remotely](#)
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HAPPY RAMADAN!

WHAT IS RAMADAN?

RAMADAN IS A MONTH LONG RELIGIOUS HOLIDAY. THIS YEAR IT BEGINS 4/23/20 & ENDS 5/23/2020. DURING RAMADAN, MUSLIM INDIVIDUALS FAST, ABSTAIN FROM THINGS THEY FIND PLEASURE IN & PRAY TO BECOME CLOSER TO GOD. IT IS ALSO A TIME FOR FAMILIES TO GATHER & CELEBRATE.

TAKE A BREAK WITH **TOP**

COME TAKE A BREAK AND **PLAY GAMES** WITH THE **TOP TEAM** AND
ENJOY **WELLNESS ACTIVITIES** EVERY TUESDAY!

CHECK OUT **@ELCAMINO_TOP** INSTAGRAM FOR WEEKLY UPDATES!

WHEN:

EVERY TUESDAY

2:00-3:00PM

WHO:

TOP TEAM

WHERE:

ZOOM

<https://cccconfer.zoom.us/j/8672042938>

(This link will be used weekly)



MEET THE TOP TEAM!

Hello I'm Kiara, one of the TOP Counselors!

I am First Gen! I attended UC Irvine as an Environmental Science and Literary Journalism major. I then pursued a graduate degree and attended USC where I received my Master's in Educational Counseling.

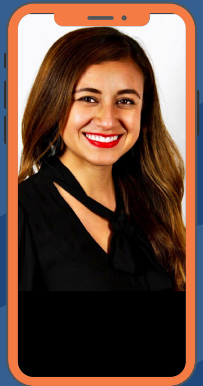
Fun fact: I have watched the entirety of The Office series more than ten times.



Hello I'm Ruth, one of the TOP Counselors!

Attended LAHC then transferred to UCLA with a major in International Studies. I continued with my studies and graduated from LMU with a Master's in Counseling and Guidance.

Fun fact: I was the "Flyer" in my cheerleading team in college :)



Hello I'm Sheridan, one of the TOP Counselors!

I grew up in the South Bay area but decided to pursue my bachelor's degree very far from home at CSU Chico where I graduated with my BA in International Relations. Most recently, I received my Master's Degree from CSU Dominguez Hills in College Counseling. I feel very grateful to be a part of the community college counseling field & working with students. Outside of work, I love to spend time with my partner, our pup, & taking care of my 23 house plants!

Fun fact: I make my own sourdough bread!



Hello I'm Jose, one of the TOP Counselors!

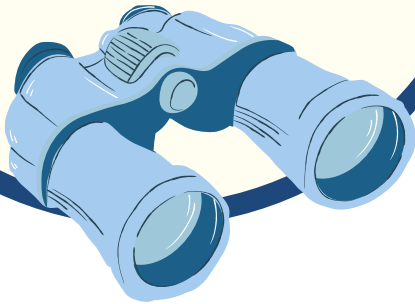
I am a first generation college student and a product of the community college. I attended Los Angeles Mission College, transferred to UCLA, and obtained a masters degree in Education Counseling at USC.

Fun fact: I am a lefty in sports, but write with my right hand. Hobbies that I enjoy are playing sports or going on hikes.





WHAT ARE THOSE?!



These pictures you see are called ConexEd Cards, they're located on the TOP's main webpage, and they allow you to chat with "front desk" TOP team members and staff that can book your counseling appointments, answer general information questions, and help refer you to appropriate internal resources. You can send them a message or live chat by clicking on the "**knock on door**" icon when that person is ***Online!**



Offline

Gonzalez, Ricardo

Student Services Coordinator for FIRST (Formerly Incarcerated Re-Entry Student)
TOP Specialist Hablo Espanol
+13233800688
rigonzalez@elcamino.edu



SEND OFFLINE MESSAGE



SCHEDULE MEETING



Online

Ortiz Aguilar, Selene

TOP Associate
Hablo Español!
+13233471438
sortizaguilar@elcamino.edu



SEND OFFLINE MESSAGE



SCHEDULE MEETING



Offline

Contreras, Elizabeth

TOP Associate
Hablo Español!
+13233895435
econtreras@elcamino.edu
"You deserve to take up space." - Chimamanda Ngozi Adichie

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SEND OFFLINE MESSAGE

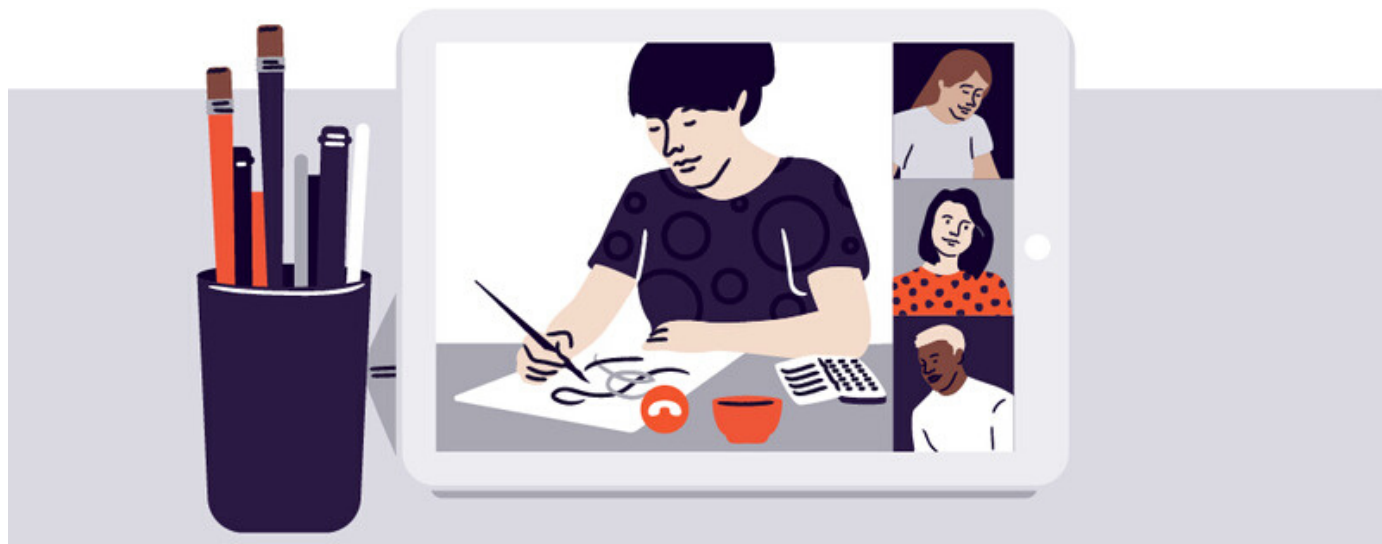


SCHEDULE MEETING

Stronger together, even when we're apart

EL CAMINO COLLEGE

UPCOMING VIRTUAL EVENTS



UPCOMING TOP WORKSHOPS

Join us for our TOP workshops where our counselors, interns, and students can discuss important topics during distance learning. Zoom links will be sent to your emails! Come join us!

**MONDAY, 4/27 @ 3PM
GOAL SETTING & TIME
MANAGEMENT**

**WEDNESDAY, 5/6 @ 5PM
SELF-ADVOCACY:
ACTIVATING YOUR
SELF-AGENCY**

**TUESDAY, 5/12 @ 1PM
MOTIVATION: FIXED VS.
GROWTH MINDSET**

TRANSFER CENTER WORKSHOPS

Transfer Center workshop links will be provided on the El Camino Transfer Center website.

Spring 2020

(The remainder of our workshops this semester will be offered virtually)

(Virtual details will be provided on this page before the workshop...Please check back)

Workshop Name	Date	Time	Location
Options for Transfer Workshop	March 31	1-3pm	Cancelled
Options for Transfer Workshop	April 22	1-3pm	Virtual Workshop
Spring 2021 Transfer Preparation Workshop	April 30	1-3pm	Virtual Workshop
Spring 2021 Transfer Preparation Workshop	May 13	3-5pm	Virtual Workshop
Transfer Admissions Guarantee (TAG) Workshop	May 21	1-3pm	Virtual Workshop

VIRTUAL WELLNESS WORKSHOP

**WEDNESDAY, APRIL 29TH 4-5PM
"SELF-COMPASSION"**

Kindness when and from whom you need it the most.
All currently enrolled students are invited to attend. Presented by Dr. Victoria Kwon
Zoom: 918 557 448 / Password: 983119

Simple Food Planning & Staying Healthy During the Pandemic

It is important to take extra precautions to keep both you and your family safe as well as having everything you need at home during this pandemic.

1. Limit the numbers of trips by checking what you have at home before you make a list. That way you can avoid spending money on items you don't need.
2. Make a shopping list to keep your trip short.
3. Explore your shopping options and the shopping hours. Some store offer in-store pickup, curbside pickup, or delivery.
4. Buy only what you and your family need so that it would cover you and everyone In your household for two weeks
5. Include and purchase fresh, frozen, and non-perishable items. Eat your fresh food first, stock your freezer and pantry with Items you can eat the second week.

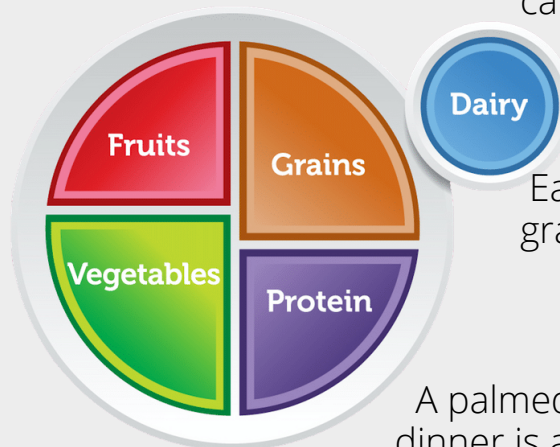
choosing your plate -

FRUITS:

Eat fruits of all colors.
Go for fruit instead of juice.

VEGETABLES:

The more colors and types
you eat, the better!



DAIRY:

3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

GRAINS:

Eat mostly whole grains. Refined grains, like white bread and white rice, less nutrition.

PROTEIN:

A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.

banana bread recipe -

- 3 ripe bananas, mashed
- 1 cup white sugar
- 1 egg
- 1/4 cup melted butter
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt

Prep: 15 mins
Cook: 1 hr
Total: 1 hr 15 mins
Serves: 10



If you do not have access or cannot afford reliable food sources at this time of crisis, we encourage you to utilize the following resources. These organizations provide nutritious food at no to low cost.

CLICK ON THE LINK: [WEST SIDE FOOD BANK](#) | | [WARRIOR FOOD PANTRY](#) | | [TOBERMAN NEIGHBORHOOD CENTER](#)

Staying Productive

DURING REMOTE INSTRUCTION



Establish a Routine

Establishing a routine ensures that you'll stay on track!

Try to find ways to recreate a routine that works for YOU. Here are some tips:

1. Get dressed! Studies show that simply getting dressed improves focus and helps your mind feel ready to get to work!
2. Try to work/study, sleep, and eat at consistent times, every day.
3. Make a habit to check your emails for any upcoming events/due dates and class announcements for any changes in your syllabus.

Set Up Your Space

Provide yourself the room to work

Do you have a favorite workspace on campus or at a coffee shop? Try recreating a similar space at home that can help you stay focused. Try not to work or study in your bed. It can affect your sleep!



Stay Connected

The power of many can help overcome any challenge

1. Keep in touch with your professors, counselors, and friends. Form virtual study groups with your classmates.
2. Ask for help when you need it! We are here for you and there are many resources available. Check out our resource guide on the EL Camino TOP website.
3. Know that it is okay to feel anxious. Remember, you're not alone and we are all in this together!

Take Breaks

It will seem more difficult to maintain a balance between your responsibilities of school, work, and life. Remember to take breaks, allow yourself to step outside for a moment, exercise, or find other ways to relax and regain focus.

Make It Work For You

Ultimately, we hope for your success and well-being with these suggestions. But we recognize that times are different now. So explore, try different approaches, and **make it work for you.** We're here if you need support figuring it out. Just send us an email and we'll get back to you.

Online Student Resources



EL CAMINO RESOURCES

SELF-CARE

EDUCATION

EMERGENCY RESOURCES

WARRIOR PANTRY

- Food Pantry Still Open <https://www.elcamino.edu/student/student-services/warriorpantry/>
- Tuesdays/Wednesdays 11am-2pm in Parking Lot B, drive thru options!

AT HOME WORKOUT

- Gold's Gym is offering free at-home workouts until May 31st through their phone app
- Free online yoga classes are on Corepower Yoga
- Various free workout routines on Youtube

FREE INTERNET SERVICES

- Comcast offers free internet services for 60 days if you qualify
- Charter Communications offers free internet services

FOOD PANTRIES

- <https://www.lafoodbank.org/find-food/pantry-locator/>
- <https://www.goodfoodla.org/covid19>
- <https://www.houseofhopela.org/services>

TUTORING

- Check out the online tutoring schedule! <https://www.elcamino.edu/library/lrc/tutoring/>
- Tutoring Hours: Mondays-Thursdays 10am-6:30pm Fridays 10am-4:30pm

CONNECT

- Set up virtual meetings & check in with family & friends
- Google Hangouts & Zoom Apps are free
- House Party app allows you to plan games with your friends online

ONLINE LIBRARY

- Although libraries are closed, check out online libraries. Create a free library card through "Libby by Overdrive" and have access to free e-books & audiobooks

HOUSING/STORAGE

- Housing, Food & Healthcare <https://www.unitedwayla.org/en/get-help/>
- U-HAUL moving & storage center offers free 30 day storage to college students

STUDENT HEALTH SERVICES

- Now offering drop-in Nurse Advice Line sessions and drop-in mental health "check-ins"
- <https://www.elcamino.edu/student/student-services/health/>

FUN FROM HOME

- Join the TOP team for game sessions via ZOOM
- EVERY Tuesday 2-3pm
- <https://cccconfer.zoom.us/j/8672042938>

COMPUTER ACCESS

- Comcast low computer cost: approximately : \$149.99 per laptop/computer <https://www.internetessentials.com/low-cost-computer>

UNDOCUMENTED

- Various Resources for Undocumented Californians <https://cijja.org/covid19/>
- No Cost/Legal Services <http://www.elcamino.edu/student/student-services/financialaid/ab540/>

FOR MORE DETAILED INFORMATION

AND EXTENDED RESOURCES, PLEASE VISIT US AT:

<http://www.elcamino.edu/student/student-services/top/TOP-Student-Resources.aspx>

FINANCIAL

- Filing for Unemployment https://edd.ca.gov/Unemployment/Filing_a_Claim.htm
- Employment & Financial Assistance <https://lajobsportal.org/>